

5 Ways to Wellbeing

Ways to Keep Learning - Challenge Page

Challenge: How can you 'Keep Learning' this week?

Learning something new, or improving a skill you already have, is great for giving a sense of achievement. The human brain is most happy when we are working towards a goal. Set yourselves a challenge and enjoy the steps you take in attempting to master it.

Get cooking

Follow a simple recipe to make a delicious meal.

Learn a new word

Learn a new word each week and see how often you can use it.

Find out a fact

Find out something interesting about the local area you live in and share it with someone else.

Learn another language

Learn to say 'please' and 'thank you' in another language and use it every day for 5 days.

Observe the moon

Look at the moon at different times during a month. Keep a moon diary by drawing the shape of the moon each night.

Keep dancing

Learn a new dance move.

Create a factfile

Go on a bug hunt in your garden or local park. Can you create a factfile about one of the minibeasts you find?

Master magic

Learn a magic trick.

Do some bird watching

Can you find and name common garden birds? Tally how many you see in different places.

Get planting

Find out about Spring. Can you think of something to plant and grow?

Try sewing

Learn how to sew on a button.